



Date: _____

**Admission Test Spring
MS Dietetics Practice**

Name: _____

Reference ID: _____

Total Marks: 100

Marks Obtained: _____

Instructions

- Read each question carefully and choose the most appropriate option.
- Encircle the correct option (a, b, c, or d) on the answer sheet clearly
- Each question carries equal marks. No negative marking
- Do not use correction fluid on the answer sheet
- Use a blue or black ballpoint pen only
- Unanswered questions will receive zero marks
- Mobile phones are strictly prohibited inside the examination hall.
- Ensure your phone is switched off and kept outside before the test begins

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1. Dietetics is the science concerned with:
 - A. Food marketing
 - B. Food production
 - C. Application of nutrition principles to health and disease
 - D. Food engineering
2. A dietitian is a professional who:
 - A. Prescribes medicines
 - B. Provides nutrition care based on scientific evidence
 - C. Performs surgeries
 - D. Manufactures food
3. The main goal of dietetics practice is to:
 - A. Increase food intake
 - B. Promote health and manage disease through nutrition
 - C. Increase body weight
 - D. Reduce physical activity
4. Which of the following is a core area of dietetics practice?
 - A. Food packaging
 - B. Clinical nutrition
 - C. Food advertising
 - D. Food engineering
5. The Nutrition Care Process (NCP) is used to:
 - A. Market food products
 - B. Cook meals
 - C. Provide standardized nutrition care
 - D. Transport food
6. The Nutrition Care Process consists of how many steps?

- A. Two
- B. Three
- C. Four
- D. Five

7. The first step of the Nutrition Care Process is:

- A. Nutrition intervention
- B. Nutrition diagnosis
- C. Nutrition assessment
- D. Nutrition monitoring

8. Nutrition assessment includes:

- A. Food labeling only
- B. Dietary, anthropometric, biochemical, and clinical data
- C. Menu costing
- D. Food preservation

9. Anthropometric measurements include:

- A. Blood glucose
- B. Height, weight, and BMI
- C. Hemoglobin
- D. Cholesterol

10. BMI is used to assess:

- A. Nutrient intake
- B. Muscle strength
- C. Body weight status
- D. Blood pressure

11. Which fatty acid is considered essential?

- A. Palmitic acid
- B. Stearic acid

C. Linoleic acid

D. Oleic acid

12. The caloric value of 10 grams of fat is:

A. 40 kcal

B. 90 kcal

C. 70 kcal

D. 100 kcal

13. Which fatty acid has the strongest evidence for triglyceride-lowering via reduced VLDL synthesis?

A. Linoleic acid

B. Oleic acid

C. Eicosapentaenoic acid (EPA)

D. Arachidonic acid

14. In the context of nutrition, what does the term "BMI" stand for?

A. Body Mass Index

B. Basal Metabolic Index

C. Balanced Macronutrient Intake

D. Biochemical Mass Indicator

15. Which of the following is a fat-soluble vitamin that plays a crucial role in bone health and is found in sunlight?

A. Vitamin A

B. Vitamin C

C. Vitamin D

D. Vitamin K

16. Which of the following is a high-fibre food that can aid in digestion and prevent constipation?

A. White rice

- B. Whole-grain bread
 - C. Potato chips
 - D. Sugary cereal
17. In refeeding syndrome, the MOST critical electrolyte to monitor initially is:
- A. Sodium
 - B. Calcium
 - C. Phosphate
 - D. Magnesium
18. Which of the following nutrients is crucial for the synthesis of collagen and wound healing?
- A. Vitamin C
 - B. Vitamin D
 - C. Vitamin B12
 - D. Vitamin K
19. The most abundant mineral in the human body is:
- A. Iron
 - B. Zinc
 - C. Calcium
 - D. Sodium
20. A low-FODMAP diet primarily benefits IBS by:
- A. Reducing gut inflammation
 - B. Enhancing bile acid metabolism
 - C. Decreasing osmotic load and gas production
 - D. Increasing short-chain fatty acid synthesis
21. "I will visit the museum tomorrow," said Sarah. Convert this into indirect speech
- A. Sarah said that she would visit the museum tomorrow
 - B. Sarah says she will visit the museum tomorrow
 - C. Sarah said, "I will visit the museum tomorrow"

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D. Sarah said she visited the museum tomorrow

22. What is the synonym for "meticulous"?

- A. Careless
- B. Sloppy
- C. Precise
- D. Negligent

23. She ____ her homework before dinner yesterday.

- A. finishes
- B. has finished
- C. had finished
- D. was finishing

24. Choose the correct preposition: She is proficient ____ clinical research methods.

- A. in
- B. at
- C. on
- D. with

25. Choose a synonym for "Imminent"

- A. Distant
- B. Delayed
- C. Impending
- D. Unlikely

26. What is the value of $3 \times (4 + 2) - 8$?

- A. 14
- B. 18
- C. 20
- D. 24

27. What is 25% of 240?

A. 40

B. 50

C. 60

D. 80

28. Solve: $8 \times (4 + 2) \div 3 = ?$

A. 12

B. 14

C. 16

D. 10

29. A shopkeeper buys an item for Rs. 800 and sells it for Rs. 1000. What is the profit percentage?

A. 20%

B. 25%

C. 30%

D. 40%

30. The perimeter of a square is 48 cm. What is the length of one side?

A. 10 cm

B. 12 cm

C. 14 cm

D. 16 cm